GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent
Backyard Cookout: Keep It Safe!

It's time to get out the old charcoal grill to start enjoying those backyard cookouts from now until fall. But it is also the time to be on the alert for food bacteria that can flourish when food is not handled or cared for properly.

For instance, when should you buy your ground beef? Preferably a day or two before you will use it - no longer, unless you plan to freeze the meat for a short period to preserve its freshness. Thaw frozen meat in the refrigerator to prevent the growth of bacteria. Don't allow this meat to stand out, unrefrigerated, for more than an hour at the most. Cook both hamburgers and hot dogs in batches small enough to be used quickly so they don't stand around to allow bacteria to grow.

Cleanliness in preparing food is always important, but, especially with hamburgers. Always wash your hands thoroughly with soap and hot water before and after handling raw meat. And, don't handle meat if you have cuts or sores on your hands.

And, if you serve cole slaw, keep it chilled. Plan to bring it to the table right from the refrigerator. Instead of letting a large dish of cole slaw sit out at a warm temperature, replace the dishes often with new batches from the refrigerator.

If you're serving baked beans, don't allow them to stand for more than two hours at room temperature.

Strawberry shortcake is a popular summer dessert, but a very perishable one, especially if you use whipped cream. Add the whipped cream just before serving. If you do have to wait to serve shortcake, refrigerate it promptly. Don't let it stand at a warm temperature. Return any leftovers to the refrigerator, and plan to use them soon.

Bacteria can cause food poisoning. All they need to grow is the right combination of time, temperature, and moisture. Foodborne illness can cause diarrhea, vomiting, stomach cramps, and other unpleasant symptoms which can last for several hours or even days. With young children and elderly people, the results can be more severe.

Perishable foods such as cream pies, seafoods, and dishes made with eggs, fish, meat and poultry should be kept either very cold (below 40°F) or very hot (above 140°F). And do not let these foods stand at room temperature more than **two hours.** Bacteria grows best in lukewarm foods.

Remember, foods prepared to take on picnics or to cook out in the backyard should be handled carefully and safely. Use care with foods during hot weather; be safe - - not sick!

Soak 3 dozen cucumbers in brine for two weeks. Soak overnight in clear water. Cut in desired pieces and cover with water to which 1½ tablespoons alum has been added; let stand 24 hours. To 3 quarts water add 1 quart vinegar, let come to a boil, drop in cucumbers and keep on low heat until hot through. Let stand overnight. Drain well and pack closely in jars.

Syrup:
1 pint vinegar
3 lbs. sugar
1 box mixed pickling spices
Let come to a boil, pour over cucumbers. Seal at once.

Off To State 4-H Congress

On Monday morning, thirteen Appomattox 4-H'ers and one volunteer leader (Becky Harris) left for State 4-H Congress on the Virginia Tech Campus in Blacksburg.

State 4-H Congress is the largest single statewide 4-H event for Senior members that is held in Virginia. Approximately 1200 4-H'ers will be taking part in special classes, events, and contest during the week long event.

Attending from Appomattox are, pictured above: Baxter Parris, Nathan Smith, Becky Harris, Robert Dyess, Joe Ford, Mary Parris, Al Johnson, Cindy Guill, Pam Moore, Paula Franklin, Debbie Roach, Charlene Rush, Vicki Glover and John Jones.

Mary, Cindy, Debbie, and Charlene will be competing in the State 4-H Share-the-Fun program. Nathan will compete in the State 4-H Tractor Operation Contest and John will be competing in the Automotive Care and Safety Demonstration Contest. Robert is attending as an AIC delegate sponsored by the Farmville Production Credit Association. Pam and Joe are attending Congress on the basis of their District winning Achievement Records. Baxter and Vicki will be attending special leadership training classes during their week at Congress.

On Thursday, Pam, Paula, Al, and Cindy will be tapped into the Virginia Chapter of the 4-H All Stars.

Stonewall

"For all have sinned, and come short of the glory of God." Romans 3:23

Mr. and Mrs. Don Wheeler and daughters, of Roanoke, visited Mr. and Mrs. I. B. Wheeler Friday.

Mr. and Mrs. Tom Harrison, from Texas, is home visiting his parents, Mr. and Mrs. J. L. Harrison.

Mrs. John Harrison and Mr. Crawford Davidson visited Mrs. Annie Horsley in Lynchburg last week. She isn't any better. Mrs. Phil Harrison also visited her last week.

Mrs. Tom Davidson took Mr. Crawford Davidson to see his sister, Mrs. Annie Horsley four times last week.

Mrs. Hazel Gillaspie spent several days at Gladstone with Mrs. Guertie Wright last week.

Mr. Hugh Braford went back to hospital in Richmond Sunday for a ten day stay.

Mr. and Mrs. Wilson Garrett and family spent the week at Buggs Island last week on a camping trip.

Rev. and Mrs. D. E. Moore and children will go to the beach in the Carolinas for a week. They will leave Friday.

Oakville

Sunday dinner guests of Mr. and Mrs. Tom Moore were Mr. and Mrs. Palmer Moore, Kent, Brian and Terry, of Richmond. Supper guests in the Moore home were Mr. and Mrs. Eddie Moore, Darrell, Tina and Al, of Appomattox.

Glad to report Mr. Bob Martin is home after spending several weeks in the hospital.

Mrs. Maggie Gardner and Ethel have as their house guests this week Mr. and Mrs. W. E. Snead, of Charleston, W. Va. Mrs. Walker Cawthorne spent Friday in the Gardner home.

Mr. and Mrs. Ben Wheeler, Mr. and Mrs. Lawrence Wheeler, of Lynchburg, and Mrs. H. B. Jones and Richard visited Mr. and Mrs. I. B. Wheeler Sunday.

Mr. and Mrs. Roger Rogers of Lynchburg, visited Mr. and Mrs. Hop Elliott Friday night.

Mr. J. O. Davidson had all of his children and grandchildren for a picnic lunch Sunday. What a grand time was had by all.

Mrs. Wilson Garrett took her mother, Mrs. J. B. Ewers to Richmond last Friday to see the doctor. He said her eyes were doing fine and to come back in two more weeks. She can see some in the house, but not very good in sunlight yet. So pray God will give her sight back to her.

Thought: "Everything in the home is controlled by switches, but the children."

The Friend Seekers Sunday Class of Mt. Comfort Church enjoyed a cookout Sunday afternoon at the home of Mr. and Mrs. Ty Bollinger.

Congratulations to Mr. and Mrs. Marshall Martin, who celebrated their 60th wedding anniversary on Sunday. We wish them many more.

Mrs. William Burcher entered Lynchburg General Hospital on Friday for treatments. We wish her a speedy recovery.

Mrs. Dora Coleman, Mrs. Otho Martin, Jr., Mrs. Herbert Richardson and Michael Smith visited Mrs. Coleman's niece, Mrs. Elizabeth Kitchen, in Buckingham Wednesday afternoon.

Local Rescue Squad Hosts District Meeting

Appomattox County Rescue Squad was host Saturday evening for the District V dinner-meeting in the cafeteria at the new Appomattox County High School.

One hundred ninety were in attendance representing 22 volunteer rescue squads in our area. District V consists of a total of 26 volunteer squads - each striving for the same goal . . . to be of assistance when an emergency arises.

Clark Attends Forestry Camp

Marvin Clark, son of Mr. and Mrs. Ernest Clark of Route 1, Appomattox, is representing the Appomattox Senior FFA Chapter at the Annual Holiday Lake State Forestry Camp this week, June 23-28.

Forestry Camp is for FFA and 4-H members throughout Virginia, ages 14-16, who have demonstrated interest in forestry. Scholarships are granted to 100 students each year.

Classes are taught by trained foresters and wildlife biologists and include timber harvesting, forest fire control, cruising and estimating timber, wildlife management, tree planting and tree identification.

Holiday Lake Camp is intended as an award to Virginia boys who have demonstrated interest in forestry. The camp is sponsored by Southern Forest Institute, financed by eight Virginia Pulp and Paper Companies and administered by the Virginia Division of Forestry.

The NEW HOPE HOU
Sun. - 11:00 a.m. — WTTX 128
New Hope Baptist Church Rt. 24 - East - Ap
Rev. J. J. Bowman, Interim Pastor

AUCTION
Saturday, July 5, 197
11:00 A. M.
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Show starts at dark
Last show 10 p. m.
Admission ☆ Couples - $2.00
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Children Free
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1972 Chevrolet
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1972 Chevrolet
CAPRICE - 2 Door - Fully Equipped - Factory Air Condition - AM Radio - Tape - Low Mileage - One Owner.

1973 Chevrolet
IMPALA - Custom Coupe - Fully Equipped - Factory Air Condition - Vinyl Roof - Extra Clean.

1972 Chevrolet
CHEVELLE - 4 Door - Turbo Transmission - 350 V8 Motor - Power Steering and Brakes - AM Radio - White Wall Tires - Low Mileage - Extra Clean.

1970 Chevrolet
NOVA COUPE - 307 V8 Motor - Turbo Transmission - Power Steering - Radio - White Wall Tires - Low Mileage - Extra Clean.

1970 Chevrolet
IMPALA - 4 Door Hardtop - Fully equipped - Factory Air Condition - Vinyl Roof - White Wall Tires - Extra Clean.

1972 Chevrolet
BELAIR - 4 Door 350 V8 Motor - Turbo Transmission - Power Steering - Radio - White Wall Tires - One Owner.

1971 Oldsmobile
DELTA 88 - 4 Door Hardtop - Fully Equipped - Factory Air Condition - Vinyl Roof - White Wall Tires - Extra Clean.

1968 Chevrolet
IMPALA STATION WAGON - Fully Equipped - Factory Air Condition - Vinyl Seats - White Wall Tires - Extra Clean.

1972 Ford
GRAN TORINO - Station Wagon - Fully Equipped - Factory Air Condition - Vinyl Seats - White Wall Tires - Low Mileage - Extra Clean - One Owner.

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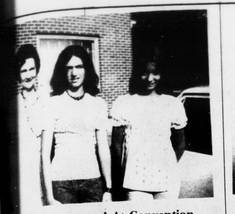

HA Represented At Convention

...e girls shown above have attended the State ...n of the Virginia Association of the Future ...s of America held last week at Hotel Roanoke, ...left to right are Mrs. Lucy Green, advisor; Teresa ...and Pam Ford.

...son and Mrs. Carter attended the session held on ...

Crystal Carter, Reporter

...PEL MESSENGERS, shown above, will be singing ...ng the gospel each night at 7:30 p.m. June 26-June ...e Church of God of Prophecy, located on Linden ...be holding revival services.

...e is cordially invited to attend.

CANNERY WORKSHOP HELD

...d Baldock, second from left, reviews the importance ...ing process with Clayton Beale (left) and Bertha ...right), lay instructors for the Pamplin Community ...d Dennis Torrence, agricultural instructor and ...for the Pamplin Cannery. All of these persons ...d in a two-day in-service workshop for cannery ...onducted by the food Technology Department at ...and the State Department of Education. The ...was held in the Appomattox Middle School ...t of Agricultural Education and the Appomattox ...Cannery.

CATCHES LARGE "CRAPPIE"

...Martin of Route 1, Pamplin is shown above with a ...nd seven ounce "crappie" he caught recently in ...pond at Clear View Lake. Nice catch, no wonder he ...the one that didn't get away!

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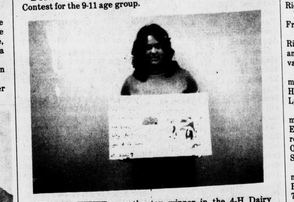
DONNA LAYNE was the top winner in the 4-H Dairy Poster Contest for the 9-11 age group.



SHARON WHITE was the top winner in the 4-H Dairy Poster Contest for the 12-14 age group.

GAYE PHELPS was the top winner in the 4-H Dairy Poster Contest for the 15-over group.

4-H Dairy Poster Winners

Appomattox 4-H'ers submitted 88 posters in the 1975 June is Dairy Month Poster Contest. The theme for this year's contest is "Milk is a Natural". Top winners in the 9-11 age group were 1st: Donna Layne, 2nd: Mark Kelso and 3rd: Beverly Coleman. In the 12-14 age group 1st: Sharon White, 2nd: Janet Higginbotham and 3rd: Tammy Bates. In the age 15 and over group Gaye Phelps was 1st place winner. Each participant received a special award ribbon provided the American Dairy Association.

The first place posters in each age group are being judged at the State Level this week. Below is a picture and a story about each of the 1st place winners.

"Well, first I thought about the theme. The word milk brought out the idea for drawing a cow, an animal of nature as it is explained on my poster. I then worked on the word natural because no one can go in a factory and put together something and then call it a cow. Only God can make a cow or a cow can make another cow by reproduction. Man then uses this natural product to make other byproducts." Donna Layne.

"My slogan stresses the natural importance of milk as a body builder. It helps produce strong teeth and bones. I got my idea for my poster from watching television and looking through children's books. I also added some of my own ideas to help make the full picture." Sharon White.

"I got the idea for this poster from the 4-H Walkathon for Muscular Dystrophy in which I participated in and from the popular slogan for camel cigarettes (I'd walk a mile for a camel). From there imagination took over." Gaye Phelps.

Rocks

JUNE 23 - Farmers are still planting tobacco. Better hurry up. If you don't the frost will get it before it is matured.

Raymond Dickerson, of Pamplin, was rushed to Lynchburg General Hospital Wednesday night.

Sally Scruggs returned back to Staunton Thursday after s few days here.

Mrs. L. C. Elder went to Powhatan Thursday as overnight guest of her daughter, Mrs. Margaret Payne.

The new lawn at Rocks is doing fine except one spot. What's wrong with it? If you want to know see Otis Richardson.

Mr. and Mrs. Bill Woody left Friday for Tennessee.

Mr. and Mrs. Kenneth Richardson and boys and Mr. and Mrs. Ronnie Dawson are on vacation.

Eugene Ratcliff was in a motorcycle accident Saturday. He is in the hospital in Lynchburg.

Mrs. Ethel St. John and mother, Mrs. Clara Garrette, of Evergreen, attended the Garrette and Newberry wedding at Old Forest Road Church Saturday night.

The Rocks Extension Homemakers Club will met with Mrs. Ruth Caldwell on July 10 at 7:30 p.m. (note change of place and date.)

Mr. and Mrs. W. R. Moore and son, Bernard, are visiting the former's daughter, Betty, and latter's sister and family, of Connecticut.

Mrs. Strode Burks, of Kingsport, Tenn., and Mrs. Elsie Perdieu are visiting their brother-in-law and sister, Mr. and Mrs. Ed Rasnson, of Pamplin.

A very successful Bible School was held at Rocks last week. The Bible School had an enrollment of 94. In one night it had an enrollment of 56. A large number were out Sunday night to hear from each of the groups.

Sympathy is extended the Wilbun family. Congratulations to Mr. and Mrs. Shine Franklin who celebrated their 25th wedding anniversary Sunday afternoon.

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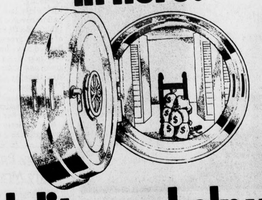

Fidelity can help you save it out there.

With discounts at some of our best local stores.

While other banks have sat back and watched prices go up, we've come up with something to help bring them back down.

It's a service called "The Going Thing." Which can get discounts for you at some of the best stores around. On things you'd normally buy anyway—but at a higher price.

And we're not talking about discounts of just a few cents either. But reductions that really make sense. From ten to twenty-five percent. Reductions that can easily add up to quite a bundle.

And for once it's money you can save without a lot of doing without. In fact, this is one way you can save without even thinking about it. (Which, when you think about it, is a pretty good deal.)

But that's not all.

Besides plenty of discounts, "The Going Thing" offers you plenty of other things too. Like a bonus checking account. (Which gives you wallet-style checks at no extra cost and no service charge.) Special rates on group trips. A safe deposit box at half price. Preferential rates on instalment loans.

And a $5,000 term life insurance policy (if you qualify).

How you can join in the savings.

Now considering how much you get out of "The Going Thing," you might think it would take a lot to get in on it. But it doesn't. In fact, if you're 18 or older, you can just stop by any Fidelity office and sign up in minutes.

After which all you have to do is carry a "Going Thing" card. (So that store owners will know enough to undercharge you enough.) And pay a monthly fee of from $1.50 to $4.00, depending on how many of our services you want.

Which, when you think about it, is a small amount to pay for what can easily amount to some really big savings.

And we do hope you'll think about it. Along with the fact that no other bank has "The Going Thing" going for it. Except Fidelity. So that when you think about saving, you'll see that you have two pretty clear choices.

Go with any of the banks that can keep your money in a vault. Or go with the one bank that can help you put it there. Us.

Fidelity National Bank
Helping you grow helps us grow

Get more information about "The Going Thing" today. By visiting any Fidelity office or mailing in our coupon.

☐ I just can't wait to start saving more money. So please contact me right away.
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